



MAY 2025



Tower Notes



You're Invited to the Plaza Opening Party!

It's almost plaza time, and we're kicking off the season in style!

Join us for a beach boardwalk-themed bash to celebrate the opening of the plaza.

**Wednesday, June 4th
3 – 7 pm**

Enjoy an afternoon of classic boardwalk games like Ring Toss, Darts, and Spin the Wheel, and show off your skills in our Limbo contest. Don't miss the fountain's transformation into a giant duck pond!

We'll have delicious bites and brews from plaza favorites Brew Gentlemen, Wiener World, and Italian Village.

Come out, celebrate and soak up the fun — it's going to be a great season on the plaza!

Plaza Notes

We're gearing up for our best plaza season yet! We've been partnering with the Pittsburgh Downtown Partnership (PDP) to bring some fun and exciting events to the plaza, like Tuesday lunchtime concerts, trivia and karaoke in the beer garden, fundraisers, World Square and more. Watch the annunciator boards and Tower Notes for schedules and details.

Lunch on the plaza: In addition to their concourse space, Italian Village and Wiener World will be serving lunch specials on the plaza beginning June 2nd.

Brew Gentlemen's Downtown Beer Garden returns to the plaza on June 3rd, open Tuesdays through Fridays from 3 to 7 pm. Along with their signature craft brews, look for an expanded menu including mules, sangria and tasty new snacks.

Spring Drill

The Spring Building Emergency Drill, scheduled for May 21st, is an inclement weather drill. During the drill, tenants will move from the exterior of the building to the core and away from any windows. Floor Warden Training is scheduled for May 14th at 10 am in the Thirty-Five Conference Center Duquesne Training Rooms. Training is also available remotely via Team Meet. For more information or to become a floor warden, please contact Justin Martin at jmartin@winthropgh.com.

STEELFIT

Company of the Month

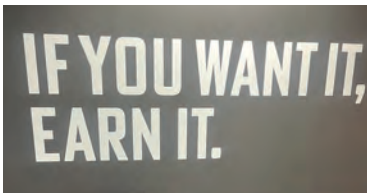
Congratulations to our company of the month, Air & Waste Management Association. We invite all Air & Waste Management Association employees to come in and enjoy:

- One private group/team-building workout
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- Join with no initiation fee (a \$25 value)
- Any two nutrition products for \$4
- Two FREE Burn classes
- One FREE 30-minute PT session
- 1st Month Free

New Equipment

Come check out the new equipment at SteelFit! Whether you're looking to build strength, target specific muscle groups or switch up your routine, you'll want to see the gym's latest equipment upgrades.

- Pec Deck / Rear Fly Machine
- Booty Builder
- Torque Tank Sled
- Hex Bar
- More Dumbbells – Now up to 100 lbs!



Wellness Week at SteelFit

Open to all tenants — come join the fun and focus on your well-being!

• Free Trainer Consultation

Book a complimentary 15 to 20-minute session with Frank or Toni. Call 412.553.8817 to schedule.

• Lunchtime Yoga: Power Vinyasa

Tuesday, May 6th, 12:15 – 1pm in The Hub

Join SteelFit's yoga instructor Christi Drzmiecki for a relaxing, full-body yoga session. 30 spots available. RSVP by May 5th to frondinelli@aagfitness.com.

• Challenge Your Coach

Wednesday, May 7th, 12 – 1 pm in the gym

See how many burpees you can perform or push the sled. Can you beat Frank or Toni?

Tower Pianist on Holiday

Rick Gallagher, the tower's lunchtime pianist, will be on vacation May 5th through May 23rd. He'll be back at the piano on Tuesday, May 27th at lunchtime.

Hub Huddle

Join your fellow tenants for Hub Huddle every Wednesday, from 2-3 pm in The Hub.

May 7 – Spring flowers

May 14 – Back by popular demand: Headshots (1-3pm)

May 21 – Make your own diffuser

May 28 – Walking desserts

“

Happiness
held is
the seed;
happiness
shared is
the flower.

”

– John Harrigan

